

WHAT'S HAPPENING THIS FEBRUARY 2024 AT HILTON CHIROPRACTIC

WELCOME - DR GIVENEY HOW

Dr Giveney How is a dedicated chiropractor and the newest member of the Hilton Chiropractic team. Giveney completed her chiropractic studies at Murdoch University after being drawn to the profession's hands on approach to care.



Inspired by her own experience of injury management during her time as an elite athlete, she has a special interest in helping others through this process. Giveney devoted much of her youth to sport, competing for Australia in both Gymnastics and Olympic Weightlifting. Having faced injuries at crucial moments during her career, she understands the importance of a hands on, patient-centred approach to restore optimal function as quickly as possible.

Dr Giveney also has a Certificate III in Fitness and values the role of exercise rehabilitation in reducing pain, restoring function and creating lasting results. She is committed to providing personalised care and enjoys helping others find a way to be active that's right for them.

Aside from chiropractic, Giveney enjoys practicing yoga, getting in touch with her competitive side over a good board game, and cooking for her family & friends.